

Claims:

1. A wearable book, comprising a plurality of pages connected to a loop adapted for encircling a first body portion for attaching said pages to the body, wherein said pages are of substantially the same size and shape and have corresponding first edges, said pages being bound together at said first edges.
2. The wearable book of claim 1, wherein said pages and the images and the text thereon are substantially resistant to environmental factors.
3. The wearable book of claim 2, wherein said pages and the images and the text thereon are substantially waterproof.
4. The wearable book of claim 1, wherein said pages are made of synthetic paper.
5. The wearable book of claim 4, wherein said pages are made of a synthetic paper comprising more than one layer where at least one layer is adapted to receive printing inks or toners.
6. The wearable book of claim 1, wherein at least one of said pages includes a picture of an animal.
7. The wearable book of claim 1, wherein at least one of said pages includes a picture of a plant.
8. The wearable book of claim 1, wherein at least one of said pages includes a picture of a fungus.
9. The wearable book of claim 1, wherein at least one of said pages includes a picture of an astronomical object.

10. The wearable book of claim 1, wherein at least one of said pages includes a picture of a rock or mineral.
11. The wearable book of claim 1, wherein at least one of said pages includes at least one word in a foreign language associated with an explanatory image or word in a non-foreign language.
12. The wearable book of claim 1, wherein said loop has at least about 50% elasticity, for stretching the loop over a second body portion having a substantially larger circumference than said first body portion and thereafter snugly circumferentially contacting said first body portion with said loop.
13. The wearable book of claim 1, wherein said pages are formed of water-resistant synthetic paper and bear information and are adapted to resist deterioration upon exposure to water, the book further comprising a continuous, flexible, elastic loop formed of plastic in a helical, spring-like configuration of at least about 50% elasticity, said loop being adapted to encircle a body part of said wearer such that said loop contacts substantially the entire circumference of said body part while bearing the weight of said pages, and which may be donned, doffed or repositioned by stretching said loop, and further comprising connectors that attach said pages to said loop, said connectors comprising plastic tie tabs.
14. A wearable book, comprising a plurality of pages connected to a loop adapted for encircling a first portion of the body for attaching said pages to the body, wherein said loop has at least about 50% elasticity, for stretching the loop over a second body portion having a substantially larger circumference than said first body portion and thereafter snugly circumferentially contacting said first body portion with said loop.
15. The wearable book of claim 14, wherein said pages and the images and text thereon are substantially resistant to environmental factors.

16. The wearable book of claim 15, wherein said pages and the images and text thereon are substantially waterproof.
17. The wearable book of claim 14, wherein said pages are made of synthetic paper.
18. The wearable book of claim 17, wherein said pages are made of a synthetic paper comprising more than one layer where at least one layer is adapted to receive printing inks or toners.
19. The wearable book of claim 14, wherein at least one of said pages includes a picture of an animal.
20. The wearable book of claim 14, wherein at least one of said pages includes a picture of a plant.
21. The wearable book of claim 14, wherein at least one of said pages includes a picture of a fungus.
22. The wearable book of claim 14, wherein at least one of said pages includes a picture of an astronomical object.
23. The wearable book of claim 14, wherein at least one of said pages includes a picture of a rock or mineral.
24. A method for carrying and viewing information, comprising:
 - providing the information on a plurality of pages of substantially the same size and shape, the pages having corresponding first edges;
 - binding the pages at said first edges to a loop; and

encircling a first portion of the body with said loop.

25. The method of claim 24, wherein the pages and the images and text thereon are substantially resistant to environmental factors.
26. The method of claim 25, wherein the pages and the images and text thereon are substantially waterproof.
27. The method of claim 24, wherein at least one of the pages includes a picture of an animal.
28. The method of claim 27, further comprising finding the animal and comparing the animal with said picture to identify the animal.
29. The method of claim 28, wherein the pages are substantially water resistant, and wherein the animal is in a wet environment.
30. The method of claim 29, wherein the animal is a living marine animal.
31. The method of claim 24, wherein at least one of said pages includes a picture of a plant or fungus.
32. The method of claim 31, further comprising finding the plant and comparing the plant with said picture to identify the plant or fungus.
33. The method of claim 32, wherein the pages are substantially water resistant, and wherein the plant or fungus is in a wet environment.
34. The method of claim 24 further comprising first binding said pages together then subsequently binding them to said loop.

35. A method for carrying and viewing information, comprising:
 - providing the information on a plurality of pages;
 - binding said pages together with a loop; and
 - stretching the loop over a first body portion having a substantially larger circumference than a second body portion, thereafter snugly circumferentially contacting said second body portion with said loop.
36. The method of claim 35, wherein the pages are substantially water resistant.
37. The method of claim 35, wherein at least one of the pages includes a picture of an animal.
38. The method of claim 37, further comprising finding the animal and comparing the animal with said picture to identify the animal.
39. The method of claim 38, wherein the pages are substantially water resistant, and wherein the animal is in a wet environment.
40. The method of claim 39, wherein the animal is a living marine animal.
41. The method of claim 35, wherein at least one of said pages includes a picture of a plant.
42. The method of claim 41, further comprising finding the plant and comparing the plant with said picture to identify the plant.

43. The method of claim 42, wherein the pages are substantially water resistant, and wherein the plant is in a wet environment.
44. The method of claim 35, wherein the pages are of substantially the same size and shape and have corresponding first edges, the method further comprising binding the pages together at said first edges.
45. The method of claim 35 further comprising first binding said pages together then subsequently binding them to said loop.